

SAAAN

get Back with CLASS

SALE STARTS:

WEDNESDAY AUGUST 18, 1999.

PRICES IN EFFECT UNTIL AUGUST 29, 1999.

Stepping Back into Class

Keeping it casual with back with class styles.

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Get in Gear

What to do on that first date!

Page 7

On Your Mark, Get Set, Go!

Getting the most fun out of running.

Page 15

I Want
To Be Me.

Fall Essentials From **SAAN**

Blouse
19⁹⁹

Plaid Skirt
19⁹⁹



Selected
Handbags
9⁹⁹



If it's time to head back to school and you still haven't done your shopping, check out these fall essentials from Saan. Start with a go-with-anything rolled-cuff blouse in a neutral-like white, khaki or stone and pair it with comfy cargo pants. Or dress up the blouse by layering it over a flirty plaid skirt.

Warm up your look with a colourful ski sweater that works with both pants or skirts. Or team up a denim jacket with a chenille boa. Then add a dash of style with a roomy fashionable bag to toss over your shoulder.

Pleased
with the
clothes.

Thermal
Tank Top

9.99

Cardigan

14.99



Carpenter Pants

24.99

Carpenter
Overalls

29.99

Baby Tees

2 for 17.00

or 9.99 each

In Style Solutions

Not quite summer, not yet fall -- the best way to keep it together when the temps change is to layer your look.

Top your cargos with a thermal tank or V-neck baby Tee. Hot right now are powder pale colours or always-in-style classics like black, grey and stone.

The cargo craze is still going strong and the latest twist is cargo overalls. Perfect for fall!

Best cool weather bet? A thermal cardigan that offers warmth and fashion fun.

Stepping Back into Class

Popular OPINION

Put your popularity into high gear by developing people skills that help you get along with others. If you find it difficult to break into groups, be subtle. Listen, make eye contact and look for opportunities to move the conversation along. A sense of humour is always a great asset.

Keeping up with the trends and laying up your strengths are also winning ways to feel good and build your popularity.

Guy's can keep it casual this fall with cargo pants topped with shirts and Tee's. Details like V-necks and bows on tops give them an up-the-minute style. Trade in last year's shoes for casual cords to give you a rock style update.

Long-sleeve shirts are a staple and look great on girls with bows or your favorite bows.

Mens' Oxford
24⁹⁹

Socks
4⁴⁹-7⁴⁹

V-Neck Top

18⁴⁹

Ladies
Long Sleeve T-Shirt

2 FOR 25⁰⁰
or 14.99 each

Cargo Pant
29⁹⁹

Cargo Pant

24⁹⁹

Getting the LOOK

What Makes a Person Popular?

* Believe in yourself and develop positive self-esteem

* Recognize and enjoy the things that make you special

* Be trustworthy to build friendships

* Co-operate and be flexible -- but don't sell out your values to be popular.

* Respect all people -- including adults and kids involved in other social groups

Remember that there are many crowds you can be a part of. Most of all - be patient. It always takes time to make new friends. Breaking into a new crowd can take time, too.

Zip Neck T-Shirt

18⁴⁹

Cargo Pant

29⁹⁹

Cargo Overall

29⁹⁹

T-Shirts
2 FOR 17⁰⁰
or 9.99 each



Socks
3⁶⁹-6⁶⁹

Ladies'
Oxfords
24⁹⁹



Hoody Top

22⁴⁹

Drawstring
Cargo Pants

24⁹⁹

Cargo Pants

24⁹⁹

Clothes that Keep Up To **YOU**

School, friends, homework, sports, movies, hobbies -- it seems like you're always on the go. Take advantage of some of this year's hottest styles that combine great looks with easy-to-wear flair.

Nothing's more comfortable than flannel and this year's hoodys are what's hot now. Pants with a drawstring waist and cargo pants are high on the list of back-to-school basics.

For girls -- pick up a plaid shirt in one of this season's bright patterns to round out your wardrobe.

Clothes That Make The Grade

Get in Gear

Having Fun On A First Date

He's asked you out and you've said yes. Now you've got a bad case of the jitters. Try these easy hints to help you relax and enjoy your first date:

Do Something Active

If you're worried conversation will be awkward, suggest an activity like inline skating or bowling where conversation will be more spontaneous.

Who Pays?

If he's asked you out, chances are he's planning on treating you. But if you've picked an activity that costs big bucks, offer to pay your share.

Relax and Be Yourself

Talk about your own interests, listen to his and have some fun. When the date ends, tell him what was great about the date. If you have an event coming up, mention it casually and see if he's interested. If he is, follow it up with an invitation in a few days.

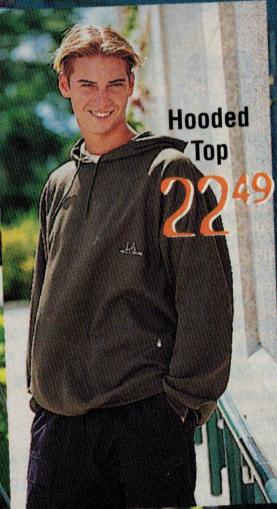


Hooded Top
19⁹⁹

L.A. Blues
Cargo Pants
24⁹⁹



Navy Top
18⁴⁹



Hooded Top
22⁴⁹



Large Backpack

Asst. colours

14⁹⁹

Backpack

14⁹⁹

Binder
Backpack

11⁹⁹

Sportsbag

14⁹⁹

Keep Stress in CHECK

If you're feeling frazzled, check out these tricks to help you relax and refresh:

Sleep

Not getting enough sleep can make you feel irritable. Try keeping your routine the same every night to cue your body that it's time for some shut-eye.

Laugh

Watch your favourite sit-com or a funny movie to lift your spirits and ease the tension.

AGE 8

Large Backpack

Asst. colours

14⁹⁹

Check Shirt

14⁹⁹

Scoop
Neck Tee

14⁹⁹

Carpenter
Jeans

25⁹⁹

Cargo Jeans

25⁹⁹

LA
L.A. blues Jeans

25% off All

'Gasoline'
T-Shirts

10⁹⁹

Sweater Vest

19⁹⁹



Family Denim

Boot Cut
Jeans

25⁹⁹

Painter Jeans

29⁹⁹



Meditate

If you haven't tried it you may be surprised at how much calmer meditation can make you feel. To start, breathe deeply, close your eyes and focus on a happy image. Even a few minutes will help you find your balance.

Take a Mental Break

Chill out by doing something else. Go for a walk or call a friend for a change of pace.

Write it Out

Put your thoughts on paper and you'll find it's a great way to identify your problems and possible solutions.

Be Positive

Give yourself a pep talk and think about all the things that are great in your life. It helps put the stressful situations into perspective.

Get Back To Your Style

Ladies' Short
Sleeve Sweater

24⁹⁹

Ladies'
V-Neck Sweater

24⁹⁹

Ladies'
Cargo Pant

24⁹⁹

Ladies'
Plaid Skirt

24⁹⁹

FASHIONS
at **LARGE**

Secrets
to Make
Your
Skin Glow

1. Always remove any make-up before going to bed to avoid clogged pores.

2. Use a sunscreen under your make-up -- even though summer is disappearing, the sun's rays can damage your skin.

3. Apply foundation only where skin colour is uneven.

4. Use a coloured lip gloss for vivid shine.

5. Perk up your skin by brushing peach blush on your temples, chin and cheeks. Be sure to blend to avoid that streaky look.

**FASHIONS
at LARGE**

Cargo Tee

14⁹⁹



Jumper

29⁹⁹



Overalls

33⁴⁹

Thermal Tee

2⁵ F_R 27⁰⁰
or 16.99 each

Rush Hour Beauty Tips

If you're pressed for time in the morning, work these tips into your beauty routine for great results:

1. Streamline the number of products you use. Check out the new products that combine powder with foundation or eyeshadow and eyeliner -- using fewer products will save you time.
2. Organize your clothes at night. It's too hard to think about what to wear when you're rushed. This strategy eliminates the early morning guesswork.
3. Get the right haircut. Make sure your haircut makes the most of your hair type. If your hair takes more than 20 minutes to style each morning, you might be spending more time than you need. Ask your stylist for suggestions.

**The
Right
Clothes**

You Can Never Have Too Much Lingerie



Tank Top

5⁹⁹

Boxers

6⁴⁹

Hi-Cut Briefs

3⁴⁹

Tank Top

5⁹⁹

Tank Top

5⁹⁹

Boxers

6⁴⁹

Cargo PJ Pants

10⁹⁹

Flannel Boxers

5⁹⁹

Crop Top

4⁹⁹

Hi-Cut Briefs

3⁴⁹

Breakfast Energy Boosters

Rest easy in comfy sleepwear like a tank and boxers then face the day with an energy boosting breakfast. Chances are if you skip breakfast, you won't be getting the nutrients you need to look and feel your best. Need some ideas? Try some of these good-for-you choices:

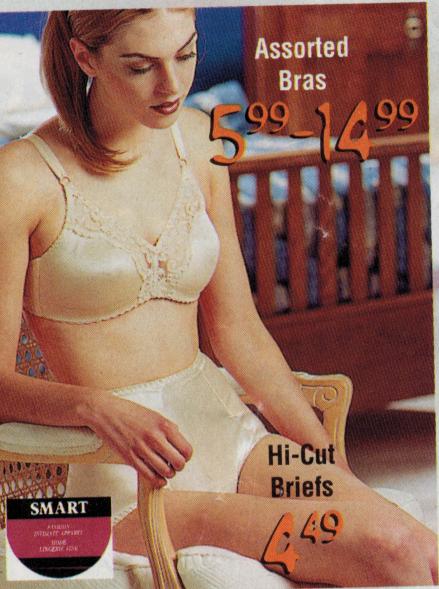
*Cereal is a great option -- choose one with about 3 grams of protein and 2 g or more of fibre per serving. Watch the sugar content -- if it's listed first, second or third on the list of ingredients, pass!

*Add raisins, sliced bananas or berries to cereal.

*Top fruit with yogurt

*Pick whole grain bread more often than white.

*Check out last night's leftovers -- it doesn't have to be a "breakfast" food to get you started on a great day.



Under Cover Story

Just The Facts...

Finding the right bras and briefs to wear under your clothes can go a long way to ensuring you are comfortable and confident.

Make sure you find a bra that fits properly and doesn't gape or bind. Check for fabrics like lycra that stretch with you and cotton that's soft and light.

Finding the right bra may mean trying on a few. Watch for light, medium or full support and check out underwire styles and molded cups for added support. The good news is that with so many choices, there's something for everyone.

4.99/3 FOR 12.99



SPENCER

Hi-Cut
Briefs

5.99



Accessories Accessories

Fashion Jewelry and Hair Accents

2^E 5⁰⁰
Reg. 2.99 2^E 6⁰⁰
Reg. 3.99



Fashion Butterflies

Butterflies take flight in this fall's hottest hair styles. Braids and updos are big trends and these clips are ideal for securing loose strands.

Funky new digital watches keep up to you and add a dash of playful style to all of your fall looks.

Just for fun... press the button and watch the butterfly appear!

14⁹⁹
Reg. 19.99



Fashion Rings

2^E 5⁰⁰
Reg. 2.99



If you like to talk with your hands, add two or more of these great rings and you'll make a strong

Gotta live in comfort



Boxers
4.99 - 7.99

PJ Pants
12.99



Fuel Your Muscles

Choosing the right foods to eat can help fuel your muscles and boost your energy for sports. Check out these easy-to-follow guidelines:

* Eat a variety of foods -- eating the same thing every day is boring and won't give you the variety of nutrients your body needs.

* Eat generous amounts of fruits and vegetables.

* Breads, grains and cereals are the building blocks of a good diet.

* Protein-rich foods such as meat helps to build and repair muscle.

* Don't forget about milk and other dairy products. Your bones are alive throughout your life and need calcium to keep them strong.

COLLECTION
Yves Martin

PJ Pants

12.99

In Your Dreams

Did you know that you dream at least once every night and your dreams are in colour?

Dreams last about 10-15 minutes each.

Similar dreams can mean totally different things to different people.

Comforters

19⁹⁹-34⁹⁹

Tank Top

5⁹⁹

Cargo PJ-Pants

10⁹⁹

Flannel Boxers



Give Me That Comfy Feeling

Percale Sheet Sets

19⁹⁹-29⁹⁹



Binder Backpack

11⁹⁹

MOONLIGHT
Standard Moonlight Pillows **2 for 14⁰⁰**
Queen 2 for 15.00

SUPERPILO
OVERSIZED & OVERILLED
ENVELOPE GRANDEUR NORMALE - FITS STANDARD PILLOW CASE
POLYESTER FIBRELL
2 for 13⁰⁰
Granny Stripe Super Pillow

Percale Sheet Sets
Twin 19.99
Double 24.99
Queen 29.99

Comforters
Twin 19.99
Double 24.99
Queen 34.99

S-XL
Long Sleeve
Crewneck

13⁹⁹

Cargo Pants

27⁹⁹

No Surrender™

Men's Suede Skate Shoe

21⁹⁹



Boys' 1-6 Skate
Shoe 19.99

Boys' 3-6
Suede Skate
Shoe

19⁹⁹



Men's Skate
Shoe

21⁹⁹

Misses' 12-4
Athletic Shoe

17⁹⁹

Ladies' Suede
Court Shoe

21⁹⁹



Extreme Shoes

Look
and
Feel
Great

Don't underestimate the power of regular exercise in helping you look and feel your best. Here are some hints to help you sandwich in some extra workout time:

* Have fun by teaming up with a workout buddy for a walk, run or aerobic activity. It's a great way to catch up with your friends.

* During commercial breaks, hit the floor and do a set of 25 ab crunches. It's not hard and it helps strengthen stomach muscles.

* Stretch for 10 minutes when you get out of bed to start your day off loose and limber.

* Crank up your favorite tunes and dance for 15 minutes or more.

* Take the stairs whenever you can and avoid the elevator - a perfect workout to tone your legs.

* Invite your buds for a game of basketball at the nearest school playground.

Shoes Made for Walking

Ladies'
Fashion Bootie

29⁹⁹

Ladies' Double
Buckle Oxford

24⁹⁹

Sole Searching

Search no more! Chunky
shoes and boots are
perfect with fitted flares,
long skirts and everyday
jeans. Watch for wedge
heels and oxford lace-up
styles! Black is the go-
with-everything colour
that's great with all the
latest looks.

Ladies'
Lace-Up Boot

29⁹⁹

Ladies' 'Eldorado
Reserve' 4 Tie
Oxford

24⁹⁹

Ladies'
Stretch Loafer

24⁹⁹

Ladies'
Wedge Oxford

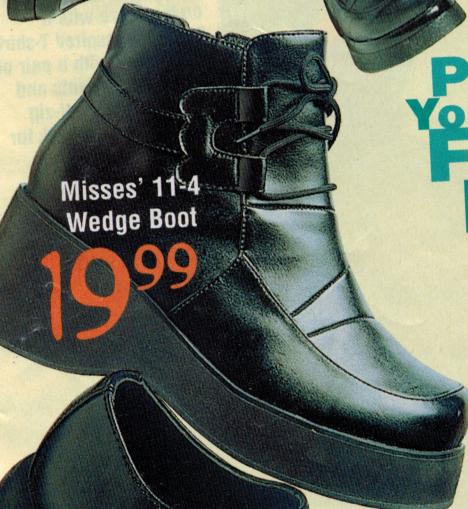
24⁹⁹

Ladies'
Fashion Boot

29⁹⁹

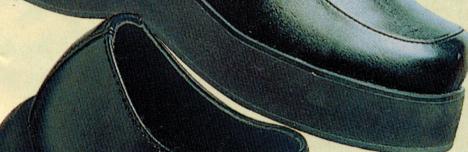


Feet First



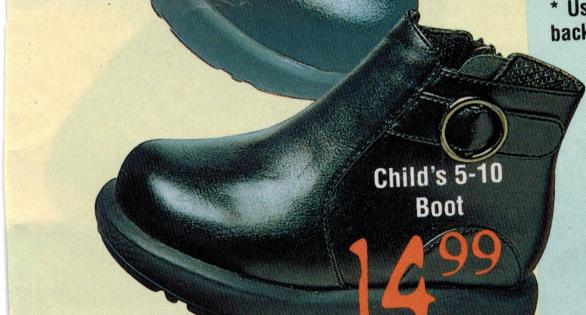
Misses' 11-4
Wedge Boot

19⁹⁹



Child's 5-10
Casual Shoe

12⁹⁹



Child's 5-10
Boot

14⁹⁹

Put Your Best Foot Forward

Platform shoes, side zip booties and oxfords will help you stand tall but how do you put your best foot forward when it comes to public speaking? It may be a book review or group project and all of a sudden you're at the front of the class. Now what?

- * First -- don't let on that you're nervous. No one will know unless you tell them.
- * Make sure you've done your homework. The more knowledgeable you are about your topic, the more confident you will be.
- * Be enthusiastic. If you're animated and are enthusiastic about the topic, it will shine through and you'll hold people's interest.
- * Use logic -- make your points then back them up with facts.



11-4 Misses'
Oxford

14⁹⁹

Misses' 12-4 Zip
Front Buckle Boot

19⁹⁹



Boys' 3-6
Casual Oxford

19⁹⁹



Youths'
11-2
Casual
Oxford
14.99



Misses' 12-4
Platform Loafers

Childs' 6-11
Platform Loafer

14⁹⁹



Top of the Heap

Best Back-To-School Bets

Whether you're travelling by skateboard, bus or bike, these clothes will take you back-to-school in style.

If you loved the latest Star Wars flick, pick up on the craze with a Star Wars inspired T-shirt. Match it up with a pair of ripstop cargo pants and throw a mohair full-zip mock in your backpack for when the sun goes down.

Best Bet? Ribbed crewnecks go anywhere and with everything.

A basic that's worth stocking up on.

S-XL
Rib Crewneck

14.99

Cargo Pant

27.99

S-XL
Long Sleeve
Crewneck
13.99

S-XL
Star Wars
T-Shirts

11.99



13.49
4-6X
Ripstop
Cargo Pants
S-XL 14.99

S-XL
Mohair Full
Zip Mock

24.99

Cargo Pant

27.99

No Surrender™



Putting on the Glitz

7-14 Girls'
3/4 Sleeve Top

10⁹⁹

7-14 Girls'
Jumper

14⁹⁹

Chenille Boa

9⁹⁹

Getting Along With Mom

If you love her but she makes you want to scream, read on for a few tips on how to get along.

Build a strong relationship by doing fun things together.

Show Your Mom You Respect Her

Getting frustrated won't help your relationship. Try to see her viewpoint too.

Understand That Your **MOM** Wants YOU To Be Safe

Share your plans with her and then be home by the agreed upon time.

Be a Problem Solver

Try to find a solution that you can both live with. If she says "no" to an evening movie, try the afternoon show.

3/4 Sleeve
Bubble Top
10⁹⁹





25% off Family Denim

(Not including 'Here's Value' everyday low price items)

2-6X
Boys' Jeans

22⁴⁹
Reg. 29.99

Jeans
25⁹⁹
Reg. 34.99

Jeans
22⁴⁹
Reg. 29.99

Levi's

SAAN
get Back with CLASS

FOR THE STORE LOCATION NEAREST YOU CALL TOLL FREE:

1 888 606-SAAN (7226)

FOR CUSTOMER SERVICE CALL TOLL FREE:

1 877 367-SAAN (7226)

